

## Christy Alexander, MD, a Psychiatrist with 5-Star Therapy

Get to know Psychiatrist Dr. Christy Alexander, who serves patients in Denison, Texas.



**New York City, New York Jun 8, 2023 ([Issuewire.com](https://www.issuewire.com))** - Dr. Alexander, a board-certified psychiatrist, is the Co-Founder & CEO of 5-Star Therapy in Denison, Texas. It is her belief that the best way to optimal health is to be proactive and attentive to one's well-being.

Dr. Alexander and Lindsay Hatfield launched 5 Star Therapy back in 2013 with a vision to create an ideal balance between "Mom Life" & "Career Life" for healthcare professionals. It is their mission to

provide clients with top-in-industry services, build a positive upbeat company culture, communicate quickly solving staffing needs of partnering agencies, and establish that important mom/family life to work/career life balance.

They expanded services to include physical therapy, occupational therapy, speech therapy, nursing, and medical social worker services. Fast forward to today, 5 Star Therapy's reach includes over 300 contract therapists & 75 counties throughout Texas & Oklahoma.

Giving patients the confidence, comfort, and assurance that they are in the best of hands, the therapy team at 5-Star Therapy are dedicated to offering the highest standard of rehabilitative services for the community. They pride themselves in providing excellent care and collaborative treatment. Through their commitment to individualized service, a comprehensive treatment plan is created for each patient.

Among her many other roles, Dr. Alexander is a member of the National Association of Christian Women Entrepreneurs, an Advisory Board Member of Enterprising Women, as well as the Founder & CEO of Med Health Network. She provides exceptional rehabilitative care by staying abreast of recent developments within the field through continued education.

Physical medicine and rehabilitation, also known as physiatry and physiatrics, is a branch of medicine that aims to enhance and restore functional ability and quality of life to those with physical impairments or disabilities. Physiatrists treat a wide variety of medical conditions affecting the brain, spinal cord, nerves, bones, joints, ligaments, muscles, and tendons.

Successful in her field, Dr. Alexander has been the recipient of many awards and honors, including 2023 Women in Medicine Award; 2022 National Recognition Outstanding Organization, 2022 NAWRB Women Business Leader of the Year Award, 2022 eWomen Platinum Member, 2022 Dallas Business Leadership Trust, 2022 Enterprising Women of the Year Award Champion, and 2021 SBA Emerging Leader Dallas.

Happily married, she and her husband have two terrific kids. Dr. Alexander is passionate about life, Jesus Christ, family, friends, fitness, health, & encouraging others. She is also an advocate for women, veterans, wellness, and people - making a positive difference in the lives of others.

Her hobbies include spending time with her family, staying current with health and fitness trends, exercising, traveling, exploring new adventures, hiking, photography, hanging out with her animals, taking vacations, shopping, sipping a nice glass of wine by the pool, eating good food, and binge watching favorite new episodes on TV.

### **Learn More about Dr. Christy Alexander:**

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/85018254-Christy-Alexander-Physiatrist-Physical-Medicine> or through 5-Star Therapy, <http://www.5-startherapy.com/AboutUs.en.html>

### **About FindaTopDoc.com**

FindaTopDoc is a digital health information company that helps connect patients with local physicians and specialists who accept your insurance. Our goal is to help guide you on your journey towards optimal health by providing you with the know-how to make informed decisions for you and your family.

## **Media Contact**

Your Health Contact

clientservice@yourhealthcontact.com

Source : Christy Alexander, MD

[See on IssueWire](#)